



This newsletter may also be viewed as a PDF at www.PierceADRC.org “News & Events.”

NETWORKING OPPORTUNITIES

Aging and LTC Providers Network

First Thursday of each month, 8 – 9 a.m.

Lighthouse Senior Center, 5016 E. “A” Street, Tacoma

Contact [Bob Riler](#), ADR, 798-7384

Feb 5 – “Consequences of Untreated Hearing Loss” with Christine Seymour

Mar 5 – Discussion: “The Future of Senior Services in Pierce County” with Mary Lynn Pannen, Sound Options; Don Hansen, Cascade Park Communities; Jonete Rehmke, Rehmke & Flynn; John Mikel, ADR.

Health Care Providers Council of Pierce County

Second Thursday of each month, 7:45 – 9 a.m.

Narrows Glen, 8201 Sixth Ave, Tacoma

(Breakfast \$6; Coffee \$2)

Contact Melissa Martin at (253) 752-6870

Feb 12 – Networking

Bridging the Gap

Second Friday of each month, 9:30 – 11:30 a.m.

Darol Tuttle Law Offices, 732 Broadway, Suite 202, Tacoma

Legal news, new ideas, networking for professionals

East County Providers Network

Third Tuesday of each month, 8 a.m.

Location varies monthly.

Contact Laura Fehrenbacher, Stafford Suites, (253) 862-1818 or lauraf@staffordcare.com

SASH Coffee and Networking for Pierce County

Ports of Call Restaurant

First Wednesday of each month, 8:30 – 10 a.m.

Feb 4 – La Quinta Inn Tacoma, 1425 E. 27th St.

Contact Rebecca Bomann at Rebecca@sashservices.com or (206) 501-4375

South End (King County) Coalition

Third Wednesday of each month at 7:45 – 9:30 a.m.

Feb 18 – Wesley Homes, 816 South 216th Street, Des Moines

Schedule of meeting locations and times at www.secoalition.com

Aging Smart – Gig Harbor

Fourth Thursday of each month at 8:45 – 10:00 a.m.

Harbor Place at Cottesmore, 1016 - 29th Street NW, Gig Harbor

Contact [Rebecca Rainsberger](#), (253) 509-2340

LOCAL SERVICES

ADR Seeks Community Input

Every 4 years Pierce County Aging & Disability Resources develops a comprehensive plan that sets priority areas and goals for services provided to local older adults and individuals with disabilities.

The new plan covers 2016 through 2019. Plan now to attend and share your experiences and hopes.

Topics include in-home care, transportation, nutrition, health care, housing, socialization, legal services, aging in place, employment / volunteering and more.

- March 4 (2-4 pm) at the Center for Independence, 7801 Bridgeport Way W, Ste 200, Lakewood
 - March 9 (10-noon) at the Lighthouse Senior Activity Center, 5016 E. A Street, Tacoma
 - March 19 (12:30- 2:30 pm) at the Milgard Family HOPE Center, 8502 Skansie Ave, Gig Harbor
 - March 21 (9-11 am) at the Buckley Senior Center, 811 Main Street, Buckley
 - March 30 (10-noon) at the Mountain View Community Center, 3607 122nd Ave., E., Edgewood
 - April 16 (1 -3 p.m.) at the Lakewood Senior Activity Center 9112 Lakewood Dr SW, Lakewood
- Call for additional information: (253) 798-7376. [View event flyer.](#)

News Tribune Highlights Senior Companion Program, Retirement Issues

Columnist Larry LaRue recently featured Candy Johnson, a volunteer with the Senior Companion Program, in [one of his regular columns](#). The column (January 13) examined what retirement looks like for individuals with low or fixed incomes. Information about the [Senior Companion Program](#) and upcoming ADRC workshops on "[Retirement of Average Folks](#)" was included in the column.

WA Lawmakers Asked to Prep for the "Age Wave"

Advocates for Washington seniors and people with disabilities say 2015 should be the year that the state does some serious planning for an "age wave" of soon-to-be retirees financially unprepared for old age. A [Joint Legislative Executive Committee on Aging and Disability](#) submitted its findings just before Christmas. Its report notes 80% of all long-term care services and supports are now delivered by family members, in part because most people who need them can't afford to pay for them. AARP and other coalition members say Washington has one of the best long-term care systems in the country. Its goal is to keep as many people as possible at home as they age, where care is less expensive for the state and for families. But it won't keep up with the "age wave" without some changes.

Medicare Observation Bill Introduced

Rep. Judy Clibborn (41st District) has introduced a bill in the Washington State Legislature on Medicare Observation Status. HB 1186 requires a hospital to provide oral and written notification to a patient or patient's representative within twenty-four hours of having been determined to be in observation status. [Read the bill.](#)

Arc of WA Hosts Advocacy Days

Advocacy Day begins at 10 a.m. Wednesdays with a 90-minute briefing on current issues and end with an afternoon of advocacy. A different feature is highlighted each week. Morning briefings cover late breaking news on budget items and bills of interest relating to individuals with developmental disabilities. If this is your first visit and you need a guide for the day, please let us know when you register. For a schedule of topics and to register (not required) please call: 1-888-754-8798, ext. 105, or e-mail: bean@arcwa.org

W4A Talks about the "Age Wave" on KING-TV

AARP and W4A shared the important message about the "Age Wave" on King 5's New Day Northwest talk show. Cathy MacCaul (AARO) and Dennis Mahar (W4A) joined host Margaret Larson to talk about issues facing Boomers and identified their priorities for the 2015 Washington State Legislative session as it pertains to the state's aging population. [View the discussion online.](#)

Free Dental Clinic February 13

Pierce County Oral Health Coalition partners, Pierce County Dental Society and Bates Technical College's Dental Assisting School, are teaming up again to offer free dental services and oral health education for Pierce County uninsured adults. Because Pierce County has many under-served adults

that have extensive dental needs, the Pierce County Dental Society has decided to provide dental services free of charge. The clinic will be held on Friday, February 13, and is by appointment-only. To schedule and for more details about the specific type of dental services provided, please call (253) 272-1101. Appointment slots are very limited. [Click her to view the flyer and details.](#)

Music-based TBI Support Group Starts on February 4 in University Place

“[Musical Journey](#)” is a new music-based, interactive and hands on group that offers support while encouraging individual creativity and exploring personal journeys with traumatic brain injury through the medium of music and music-related activities. This group experience will be held on the first and third Wednesdays of the month from 3-4 p.m. at [the BEST \(Brain Energy Support Team\) space](#) in University Place. For more information, contact [Puget Sound Music Therapy](#) at (253) 448-1400 or info@PugetSoundMusicTherapy.com.

Learn about Hoarding

Do you or a loved one struggle with too much stuff? Do the excess items cause concern for you or others in your life? The Hoarding Project invites you to our free education sessions about Hoarding Disorder. Sessions are held the first Friday of every month from 12 noon to 1 pm at 621 Pacific Ave., Suite 300 in Tacoma. Each month has a separate topic. Free (donations appreciated). For details [e-mail](#) or call (253) 642-6108. Hoarding Support Group meets from 1 to 2 pm immediately following the education session.

Community Resilience Project Survey on Key Peninsula

The Pierce County Medical Reserve Corps (MRC) will be working with neighborhood stakeholders to assess the Key Peninsula/Gig Harbor community’s ability to survive a disaster and come out equally strong or stronger than before (commonly known as Community Resilience). The first step is to conduct vulnerability surveys in preselected neighborhoods. Survey questions will help estimate community vulnerabilities and available resources to assist residents during a disaster. Volunteers will be wearing maroon vests and have approved identification. If they come to your home please receive them and provide the needed information to assist us in making the Key Peninsula/Gig Harbor area a safer more resilient place to live. Also, MRC is in need of volunteers. If you or your organization would like to volunteer in helping to collecting community information and/or you have any further questions please feel free to contact us either via phone (253) 798-3581 or [via e-mail](#).

Apple Health (Medicaid) Eligibility Manual Now Available

The Health Care Authority has released the [Apple Health \(Medicaid\) manual](#). This new manual provides administrative rules and processes for determining eligibility for health care coverage under the Modified Adjust Gross Income (MAGI) and Classic Medicaid programs.

Guardianship Duties: Keeping Good Records

It takes a lot of organization to make sure you've got all the information you need to fill out the required forms for lay (non-professional) guardianship. Accurate accounting of money spent is essential, and the better your recordkeeping, the less likely you may need to hire an attorney to file for renewals. Download the newest IFBT (Informing Families Building Trust) fact sheet on [Keeping Good Records](#) for lay guardians, which features tips from parents for saving time and frustration when those guardianship reports are due.

Chronic Disease Self-Management Workshop

Kincaid Court Apartments and Sumner Commons Apartments, 6210 Parker Rd. E. in Sumner, are hosting a new 6-week series of chronic disease self-management workshops. The series has proven to help individuals with chronic health conditions control pain, deal with fatigue, start an activity

program, handle stress and relax, use medications effectively, solve problems and meet personal goals, make choices about your treatment and eat well to live well. Held every Thursday Feb 12 through March 19 from 1 to 3:30 p.m. Register by calling the Healthy Communities Foundation and ask for Living Well registration at (360) 786-8690, ext. 127. Sponsored by Pierce County Community Connections and local partners.

Living Well Workshop Leader Training

The Living Well Chronic Disease Self-management workshops are designed to help people with chronic conditions such as diabetes, heart disease, arthritis, lung disease, pain, anxiety, depression, or other chronic illness take charge of their health care challenges and improve quality of life. Living Well Workshops are led by peer trainers – many of whom have a chronic disease themselves – and meet once a week for 2.5 hours over the course of six weeks. Enjoy helping others improve their health by being a workshop leader. Leader training will be held Feb 10-11 and 24-25 from 9 a.m. to 4:30 each day at the Eastside Tanbara health Center, 1708 E. 44th St. in Tacoma. Contact Dave Hughes for information and application at (360) 786-8690, ext 127 or by e-mail.

Gilda's Club Offers Gentle Yoga

This free weekly class is for anyone touched by cancer including patients, family members, caregivers, and people who have lost someone to cancer. Class is held at the Dr. Richard C. Ostenson Cancer Center in Puyallup to help participants find a comfortable path to movement, flexibility, strength, and relaxation. Wear comfortable, layered clothing. Mats, blocks and straps are provided. Bring your own blanket and pillow. You must register at least 24 hours in advance. Call 1-866-200-2383 or go to www.gildasclubseattle.org to sign up. Class is held 1st and 3rd Thursdays from 6:30 to 7:30 a.m. at the Multicare Cancer Center, 400 15th Ave SE in Puyallup.

Miss the Health Insurance Enrollment January 15 Deadline?

Did you miss the January 15 deadline to enroll in a health insurance plan? Don't worry, there's still time. February 15 is the final deadline to sign up for a plan for 2015. Sign up at www.WAHealthPlanFinder.org.

Community Integration & Innovation Micro-grants

The [Washington Community Integration & Innovation Micro-grants project](#) is working to help Washingtonians with developmental disabilities and their families make and maintain connections with their communities by providing small grants to promote inclusion and innovation in that pursuit. The goal is to encourage individuals with developmental disabilities, their families, non-profit and community groups, and local governmental entities to develop strategies to help people with developmental disabilities to participate in integrated activities in integrated settings. "Micro-grants" range from \$100 to \$500. Funding can be used to purchase goods, services, or pay certain fees. The application is simple to complete, and the purpose for seeking the grant must involve and benefit Washington residents with developmental disabilities in an integrated setting. See the [FAQ](#) and [application](#) pages for more information.

Volunteers Sought for Prairie Ridge Co-op

WonGen Central Community Services, a co-op designed to assist the working poor through support, training and accountability, is seeking individuals who would like to work as regular volunteers on their own time. Three needs: Someone who can learn the program "elevator speech" and is a confident cold caller to go to local business/organizations who may be able to assist through donations. Someone who is gifted at managing fundraisers, like an auction, dinner, show, etc. One last person who is a grant writer with experience and time to help them get some big stuff done. Please contact them at (206) 200-4229 or e-mail [Mary Beth Holmes](mailto:MaryBethHolmes).

SCAM OF THE MONTH

Don't Let Tax Scammers Get Away With It

Tax season is here – and for some people, so is an experience with tax identity theft or IRS imposters. Tax identity theft happens when someone uses your Social Security number to get a tax refund or a job. You usually find out something's wrong after you file your tax return. Also, IRS imposters work year-round – posing as the IRS when they call and say you owe taxes. They even threaten to arrest you if you don't put money on a prepaid debit card and tell them the card number. They might know all or part of your Social Security number, and can fake caller ID information to make it look like it really is the IRS calling. But it's not. Ever! [Read more from the Federal Trade Commission.](#)

RECOMMENDED READS FOR THE 50+

“Your Life Is a Book: How to Craft and Publish your Memoir” by Brenda Peterson and Sarah Jane Freymann. Everyone has a story to tell. Learn how to write your memoir and get published with the help of two well-known publishing professionals. Your Life is a Book guides budding writers through the transformative process of memoir writing to publication. In addition to exploring the unique elements of crafting a memoir--story arc, point of view, dialogue, where to start (not the beginning!)-Your Life is a Book also focuses on the self-exploration, awareness, and understanding that this emotional literary project triggers. With proven writing exercises and prompts, this book is a practical and enlightening guide to perfecting the art of memoir writing. Call Number: 808.0669 PETERSON.

LOCAL HAPPENINGS

Feb 2 – Retirement for “Average” Folks

Advertising makes retirement look like one long tropical vacation. But the majority of Americans will experience something quite different. What will retirement look like for the “average” resident in Pierce County? This event will take an honest look at the resources and realities that can be tapped when retirement rolls around. Presented by Pierce County Aging & Disability Resources. Held at 7 p.m. at the South Hill Library, 15420 Meridian E. Free. No RSVP. Call (253) 798-8787 for info about weather postponement or cancellation. [View event flyer.](#)

Feb 3 – Retirement for “Average” Folks

(See Feb 2 for description.) Held at 7 p.m. the University Place Library, 3609 Market Place W. Free. No RSVP. Call (253) 798-8787 for info about weather postponement or cancellation. [View flyer.](#)

Feb 7 – Retirement for “Average” Folks

(See Feb 2 for description.) Held at 10 a.m. at the Soundview Building, 3602 Pacific Ave. S. Free. No RSVP. Call (253) 798-8787 for info about weather postponement or cancellation. [View flyer.](#)

Feb 10 – Retirement for “Average” Folks

(See Feb 2 for description.) Held at 7 p.m. the Parkland/Spanaway Library, 13718 Pacific Ave., S. Free. No RSVP. Call (253) 798-8787 for info about weather postponement or cancellation. [View event flyer.](#)

Feb 11 – Annual Nurses Day Out

Whether working directly with residents or making behind-the-scenes decisions, nurses are an advocate for the aging generation, the “voice” for elders. But what happens when your own voice gets lost in the relentless demands of your profession? In this powerful presentation, Jean Steel will show

you the way back to yourself. Get ready to laugh while you learn a brand new definition of wellness, what makes a really great life, about your “stand-up-for yourself” muscle, how to combat Compassion, Fatigue and more. Sponsored by LeadingAge Washington. Held 8:45 a.m. — 4:15 p.m. at the Embassy Suites, 15920 West Valley Highway in Tukwila. [Get more information](#).

Feb 14 – Fireside Educational Chats at Spring Ridge

Learn how to serve people with hearing loss and understand the risks of untreated hearing loss, effective communication strategies and bio/psycho/social impact of hearing loss. Free. Held at 2 p.m. at Spring Ridge Assisted Living and Memory Care, 6856 E. Portland Ave in Tacoma. RSVP to (253) 474-1093.

Feb 17 – Medicaid Changes and the ABLE Act of 2014

The ABLE Act of 2014 (Achieving a Better Life Experience) encourages and assists individuals and families in saving funds to help individuals with disabilities maintain health, independence, and quality of life. And Washington state has new rules regarding funds transferred to the children and Medicaid eligibility. Learn how these rules can impact you and the people you care about. Free. Held 12:30-1:30 pm at the Soundview Building, 3602 Pacific Avenue, Ste 200, in Tacoma. [View event flyer](#).

Feb 18 – Handling your Debt and Credit Wisely

An information-only workshop taught by financial experts from Apprisen for anyone interested in home ownership and other major purchases. Topics include types of credit, managing debt, debt ratios, payday loans, good vs. bad debt, warning signs and more. Held at Tacoma/Pierce County Habitat for Humanity, 4824 S. Tacoma Way in Tacoma. Free. RSVP required at (253) 627-5626 or [by e-mail](#) by Feb 9.

Feb 25 – Alzheimer’s Advocacy Day

The Alzheimer’s Association holds its Advocacy Day in Olympia. Participants will receive a briefing on state issues related to Alzheimer’s and other dementias, and how to advocate that day in meetings with legislators and legislative staff. Register: mbarrett@alz.org or call (206) 529-3886.

Feb 26 – Senior Lobby Day

The Agenda will include several well known speakers and panel discussions on issues such as the Budget, Revenue, Long Term Care, and Transportation. Hosted continental breakfast, lunch and afternoon break. Attendees are asked to make appointments with their Legislators in advance of the 2015 Senior Lobby Day. Early Bird Registration of \$20 by Feb 17. Registrants will receive a Registration Packet, a Legislative Tool Kit, and a Senior Lobby Royal Blue Scarf. [Register online](#) or by check. Held at United Churches, 110 11th Ave SE, Olympia, WA 98501 from 8:00 am to 4:00 pm. Contact Karen Bowen at (360) 754-0207 or info@waseniorlobby.org.

Feb 26 – Dementia Series: Co-Partnering

A round table discussion for professionals in the field of aging. Focuses on reciprocity in caregiving and how co-caring is a dynamic process. Held 8:30-10:00 a.m. at the Alzheimer’s Association, 100 W. Harrison in Seattle. 1.5 CEUs \$27/session of \$65/3 sessions. [Register online](#). Call (206) 799-7108 or [e-mail](#).

Feb 28 – Fireside Educational Chats at Spring Ridge

Learn about common behaviors in people with hearing loss and/or dementia and how untreated hearing loss can contribute to dementia, intervention steps, identifying hearing loss and mitigating issues. Free. Held at 2 p.m. at Spring Ridge Assisted Living and Memory Care, 6856 E. Portland Ave in Tacoma. RSVP to (253) 474-1093.

Mar 4 – ADR Community Input Forum

Every four years Pierce County Aging & Disability Resources develops a comprehensive plan that sets priority areas and goals for services provided to local older adults and individuals with disabilities. The new plan covers 2016 through 2019. Plan now to attend and share your experiences and hopes. Held 2 - 4 p.m. at the Center for Independence , 7801 Bridgeport Way W, Suite 200, Lakewood. Call (253) 798-7376 for more information. [View event flyer.](#)

Mar 9 – Living with Vision Loss

Blindness or visual impairment can have a profound impact on your life, but you are still in control. There is an abundance of information and resources to help, whether you're visually impaired, losing vision, or know someone affected by vision loss. Learn about types of visual impairment, adaptive technology, support and guidance, personal experiences, education and skills training and workplace successes. Explore these resources and discover how to live a healthy, productive life with vision loss. Sponsored by the Pierce County ADRC and Sightconnection. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street in Tacoma. Free; no RSVP required. [View event flyer.](#)

Mar 9 – ADR Community Input Forum

(See Mar 4 for event description) Held 10 am – noon at the Lighthouse Senior Activity Center, 5016 E. A Street, Tacoma. [View event flyer.](#)

Mar 11 – Living with Vision Loss

(See Mar 9 for description.) Held 12:10-12:50 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 S. Tacoma Avenue. [View event flyer.](#)

Mar 14 – Living with Vision Loss

(See Mar 9 for description.) Held 10-11 a.m. at the Soundview Building, 3602 Pacific Ave., Tacoma. [View event flyer.](#)

Mar 19 – ADR Community Input Forum

(See Mar 4 for event description) Held 12:30-2:30 pm at the Milgard Family HOPE Center, 8502 Skansie Avenue in Gig Harbor. [View event flyer.](#)

Mar 21 – ADR Community Input Forum

(See Mar 4 for event description) Held 9-11 am at the Buckley Senior Center, 811 Main Street in Buckley. [View event flyer.](#)

Mar 26 – Dementia Series: Doll Therapy

A round table discussion for professionals in the field of aging. Focuses on effectiveness of doll therapy as a behavioral intervention and assess the ethical issues of using doll therapy for dementia patients. Held 8:30-10:00 a.m. at the Alzheimer's Association, 100 W. Harrison in Seattle. 1.5 CEUs \$27/session of \$65/3 sessions. [Register online.](#) Call (206) 799-7108 or [e-mail.](#)

Mar 30 – ADR Community Input Forum

(See Mar 4 for event description) Held 10 am – noon at the Mountain View Community Center, 3607 122nd Ave., E., in Edgewood. [View event flyer.](#)

Mar 31 – Guardianships for Individuals with Developmental Disabilities

Join attorney Timothy Williams for PC2's first spring informational meeting. Held at 6 p.m. at the Pierce County Coalition for Developmental Disabilities, 3716 Pacific Avenue, Suite #A in Tacoma. Call (253) 564-0707 for details.

Apr 7 – Options for the Future

What you would do or how you would get information if you need to care for a loved one – especially if it was a sudden need? Everyday people face this dilemma but most have little knowledge of available resources. Join us for an information-only presentation with experts in our community on options for aging adults and people with disabilities. Jointly sponsored by Health Care Providers Council of Pierce County and the Aging & Disability Resource Center. Held 6:30 – 8:30 p.m. at the Milgard Family Hope Center, 8502 Skansie Ave in Gig Harbor. Free; no RSVP.

Apr 9 – White House Conference on Aging Coming to Seattle

The 2015 White House Conference on Aging is an opportunity to look ahead to the issues that will help shape the landscape for older Americans for the next decade. The conference is dedicated to promoting policies that benefit elderly – and ultimately all – Americans. In preparation for the 2015 White House Conference, organizers are looking for individuals to be part of the conversation. [Go online to learn more about the Conference](#), to sign-up for updates on its events and activities, and to tell us your thoughts and stories. One regional forum (four nationally) will be held in Seattle. Details are forthcoming.

Apr 16 – ADR Community Input Forum

(See Mar 4 for event description) Held 1-3 pm at the Lakewood Senior Activity Center, 9112 Lakewood Dr, S., Lakewood. [View event flyer](#).

Apr 16 – Plan to Work

Thousands of Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI) beneficiaries have learned how to stay in control of their benefits while enriching their lives through employment. You can too! Plan to Work will help you understand your benefits and show you how using Social Security Work Incentives can be your “Ticket to Work”! Held 5:30 – 7:30 p.m. at TACID, 6315 S. 19th St in Tacoma.

Apr 16 – Discovery 2015: Alzheimer’s Regional Conference

A one-day conference filled with evidence based education designed for Professionals. Family caregivers are also welcome to attend. Choose from 16 innovative, evidence-based workshops, exhibits, bookstore and networking. CEs and CEUs available. Keynote speaker is Anne Lipton MD, PhD, author of: The Common Sense Guide to Dementia for Clinicians and Caregivers. Held 7:30 a.m. to 4:00 p.m. at the Washington State Convention Center in Seattle. Pre-conference special event open to all April 15 from 6 to 7:30 p.m. “Dementia and the 7 Common Senses of Caregiving” with Dr. Anne Lipton at Town Hall Seattle, 1119 Eighth Ave in Seattle. Tickets - \$5 at the door. Questions? [E-mail](#) or call (206) 363-5500 ext. 8170. [Register online](#).

May 8 – “Planning for Safe Travels”

Older adults and people with disabilities can be discouraged at travelling and vacationing. But “accessible travel” is on the rise. With good information and advance planning, safe and enjoyable travel can be a reality for every one of every age and every ability. Learn about tours, medical issues, travelers’ rights, personal safety and security, service animals, wheelchairs, scooters & adaptive tools. Everyone welcome. Information only; no sales. Held 12:10-12:50 p.m. at the Pierce County Annex, 2401 S. 35th Street, Tacoma. Please RSVP in advance by calling (253) 756-3050.

May 9 – “Planning for Safe Travels”

(See May 8 for description) Held 11 a.m. to 12 noon at the AAA Washington Travel Store, 1801 South Union Ave in Tacoma. Everyone welcome. Information only; no sales. Please RSVP in advance by calling (253) 756-3050.

May 12 – “Planning for Safe Travels”

(See May 8 for description) Held 12:10-12:50 p.m. at the County City Building 7th Floor Rainier Conference Room, 930 Tacoma Avenue, Tacoma. Everyone welcome. Information only; no sales. Please RSVP in advance by calling (253) 756-3050.

May 30 – Veterans Resource Fair

A free event for Veterans community of the Puget Sound area (Pierce, King, Kitsap, and Thurston). Local providers and services available with information about community services, VA benefits, legal services, homeless services, educational benefits, medical screenings, dental resources, employment opportunities, female Veterans resources, financial education-assistance, housing and home ownership, reintegration services, disability claims and benefits. Held at the Tacoma Dome from 9 am to 3 pm. [More information online.](#)

June 1 – Challenges in Caregiving: Giving Care, Taking Care

Annual caregiver training conference held at the Tukwila Community Center in Tukwila. The event is hosted by Aging and Long-Term Support Administration, Full Life Care and Pierce County Aging and Disability Resources along with the support of numerous community organizations. The conference is designed to provide current, practical skills and resources that community caregivers can use in their daily caregiving responsibilities. The conference is intended for family caregivers (spouses, adult children, parents of adults with disabilities, or other relatives); home care workers and adult day services staff; adult family home or assisted living staff; and social service or mental health professionals who work with family caregivers. The Early registration fee (by May 13) for individual caregivers is \$30. Scholarships are available for unpaid family caregivers. Early registration fee for agency-based caregivers is \$50. Fees include workshops, lunch and resource exhibits. Registration forms will be available in April and space is limited. For more information or to receive a full brochure and registration materials, please call 1-800-422-3263 or 360-725-2544, or, [click here.](#)

June 6-7 – Tacoma Relay for Life

Change for 2015 – moving to a Saturday / Sunday event. Health fair is from 11 a.m. to 5 p.m. Opening ceremonies Saturday at noon. For information about participating contact [Cissy Gustafson](#). Location remains at Mt. Tahoma High School.

July 26, 1990 – Americans with Disability Act signed into law – 25th Anniversary

The ADA National Network has produced an Anniversary Tool Kit to help in celebrating this landmark event and bring attention to the important work that has been done to promote equal opportunity for people with disabilities and highlight the work that is yet to be done. [Click here to open the Anniversary Tool Kit.](#)

July 30, 1965 – Medicare signed into law – 50th Anniversary**Aug 14, 1935 – Social Security signed into law – 80th Anniversary****Q&A of the Month**

Question: This is the first time I'm filing taxes since I got on Social Security. Are my benefits taxable and will I get a tax form for my benefits?

Answer: For some people with higher incomes their Social Security benefits are taxable. About one third of those receiving Social Security benefits must pay taxes on some of their Social Security benefits. But it depends on the amount of their total taxable income. You can learn more at www.socialsecurity.gov/planners/taxes.htm. As for a tax form, beneficiaries should receive their Social Security Benefit Statements (Form SSA-1099) for tax year 2014 on or before January 31, 2015. If you receive Social Security and don't receive your 1099 by the end of January, you can request one online at www.socialsecurity.gov/1099.

NATIONALLY

Senate Moves Swiftly on OAA Reauthorization

The Senate Health, Education, Labor and Pensions Committee is taking up reauthorization of the Older Americans Act (OAA) as one of its first markups of the 114th Congress. Chairman Alexander (R-TN) enlisted the support of Ranking Member Murray (D-WA) and Sens. Burr (R-NC) and Sanders (I-VT) for the Older Americans Act Reauthorization of 2015, which builds upon bipartisan legislation that the committee adopted in 2013. [Get more details](#) | [Review the bill summary](#) | [Ask your lawmakers for their support](#) (Source: NCOA)

Tax Time and the Health Insurance Market Place

If anyone in your household [enrolled in a health plan through the Health Insurance Marketplace](#) in 2014, you'll get a new Form 1095-A – Health Insurance Marketplace Statement. You'll get it in the mail by early February. Use it to file your 2014 federal income tax return. [If you had 2014 health coverage from another source](#), e.g., a job, Medicare, Medicaid, or a plan you bought outside the Marketplace, you'll report this simply by checking a box on your federal income tax form. You will not get a Form 1095-A. [If you didn't have health coverage for 3 months or more in 2014](#), one of the following will apply. You'll qualify for a health coverage exemption. ...Or... You'll pay a fee when you file your 2014 federal income tax return. For more information visit www.irs.gov/aca. (Source: HealthCare.gov)

From Coverage to Care: A Roadmap to Better Care and a Healthier You:

If you're new to health insurance, you haven't had insurance for a while, you're confused by your insurance paperwork and need a refresher on insurance terms, or you want to teach your children about insurance as they reach adulthood, Centers for Medicare and Medicaid Services (CMS) offers the 8 step [From Coverage to Care: A Roadmap to Better Care and a Healthier You](#). (Source: CMS)

Medicare Advantage Disenrollment Period ends Feb. 14

Individuals who are dissatisfied with their Medicare Advantage (MA) plan can still switch to Original Medicare. The MA Disenrollment Period runs until Feb. 14. During this period, only those with MA plans can choose to leave MA and return to Original Medicare, picking up a Part D plan if they do not already have one. Be aware that individuals may not have guaranteed issue rights to pick up a supplemental (Medigap) plan. [Explore the MA Disenrollment Period rules](#). (Source: SHIBA)

Medicare at 50

On the 50th anniversary of Medicare, The Commonwealth Fund takes a close look at this insurance program. In [Part 1](#) of the series, The Commonwealth Fund's David Blumenthal, M.D., and Stuart Guterman, and Karen Davis of the Johns Hopkins University Lipitz Center for Integrated Healthcare looked at the origins and history of the popular program. In the [second part](#) of the report the authors examine the program's challenges and weigh the options for both incremental and comprehensive

reform. (Source: The Commonwealth Fund)

GreatCall Splash - The Most Affordable Medical Alert Service

GreatCall Splash is a personal emergency response system that is totally mobile. It works at home, across town or anywhere a person travels. The device uses an enhanced GPS with locating technology. It is completely portable and waterproof. Charger included. The unit retails for \$50 and service starts at \$14.99/ month. Available at local stores or online. [Click for GreatCall website](#). (Source: ADRC)

Caregiving In The Home Lacks Scrutiny

California’s frail elderly and disabled residents increasingly are receiving care in their own homes, an arrangement that saves the government money and offers many people a greater sense of comfort and autonomy than life in an institution. Yet caregivers are largely untrained and unsupervised, even when paid by the state, leaving thousands of residents at risk of possible abuse, neglect and poor treatment, a [Kaiser Health News investigation](#) found. The move from nursing-home to in-home care is part of a massive shift across the nation – including Washington State. (Source: Kaiser Health News)

Participants Sought: Study about Siblings of Individuals with Disabilities

This online survey will take no more than 30 minutes to complete. The survey asks about the experiences of siblings of individuals with disabilities. By taking this survey, you can help the research team learn more about what supports siblings of people with disabilities need. You are eligible to take this survey if you are over age 18 and you are: a sibling of a person with a disability, a person with a disability, a parent of a person with a disability or a professional who works with people with disabilities. [Take the survey online](#). Questions – contact [Meghan Burke](#) or (217) 300-1226. (Source: DSHS)

5 Powerful Benefits of ‘Pro-aging’ Thinking

The way aging is perceived can influence how one ages. Pro-age, being positive about aging, can help you live longer, reduce disability, aid in the practice of preventing an unhealthy lifestyle, boost memory, and reduce the risk of heart disease. Pro-age thinking begins by celebrating and embracing each year of your life. [Read more](#). (Source: CNN)

Get Smart About Brain Health with Some Fun Facts

Learn ways you can improve your brain health (and that of residents) with our 20 “[Brief Brainy Bits](#)” – concise facts about ways to enhance brain health, based on the research in our [Boost Your Brain & Memory](#) program. Read more by downloading the [full list](#) now – it’s free! For additional information, contact [Louise Lyons](#) at (847) 492-7433. (Source: Mather Lifeways)

PLAN AHEAD – APRIL IS...

Alcohol Awareness, Autism Awareness, Cancer Control, Defeat Diabetes, Distracted Driving Awareness, Fair Housing, Financial Literacy, Informed Women, Child Abuse Prevention, Donate Life, Minority Health, Parkinson’s Awareness, Poetry, Sarcoidosis Awareness, Stress Awareness, Testicular Cancer Awareness, Women’s Eye Health and Safety Months; Medication Safety (1-7), Public Health (5-11), Library (12-18), 911 Operators (12-18), Consumer Awareness (18-23), Bedbug Awareness (19-25), Fibroid Awareness (19-25) and Oral, Head and Neck Cancer Awareness (19-25) Weeks; Walking (1), Autism (2), Sexual Assault Awareness (2), Drowsy Driver Awareness (6), World Health (7), Alcohol Screening (9), Parkinson’s (11), Library (14), Health Care Decisions (16), Stress Awareness (16), Autism (18), Rebuilding (25), Veterinary (25) and Guide Dogs (29) Days.

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This information is provided as a service of the Pierce County Aging & Disability Resource Center and is intended for sharing throughout the county. To receive or discontinue this e-newsletter, please contact Bob Riler at (253) 798-7384 or briler@co.pierce.wa.us.